

# WellSAT-I

## Wellness School Assessment Tool – Interview to match WellSAT 3.0



### Wellness Promotion and Marketing Section

<p>WPM1 - Principal / Teacher</p> <p>Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?</p> <p>If yes, how does the school encourage this behavior? Examples:</p> <ul style="list-style-type: none"> <li>○ Provides staff with opportunities to eat healthfully such as subsidized fruits, vegetables, and water in the cafeteria or lounge</li> <li>○ Advises staff not to consume sugary drinks at school</li> <li>○ Encourages teachers to be active with students</li> </ul>	
0	School staff are not encouraged to model healthy nutritional behaviors
1	The interviewee believes school staff are encouraged to model healthy eating and physical activity behaviors but cannot provide any specific examples of how this is done
2	The interviewee can describe ways school staff are consistently encouraged to model healthy eating and physical activity behaviors in front of students
<p><i>WPM1: Encourages staff to model healthy eating and physical activity behaviors.</i></p>	

<p>WPM2 – Principal / Teacher</p> <p>Are there strategies used by the school to support employee wellness? Please describe. Examples: "Health and wellness classes are offered to staff." "School physical activity equipment is available for use by staff before or after school to support employee wellness." "Free water and healthy snacks are available in the staff break room."</p>	
0	There are no employee wellness activities.
1	The interviewee believes the school supports employee wellness but cannot provide any specific examples.
2	The interviewee can describe specific strategies used by the school to support employee wellness,
<p><i>WPM2: Addresses strategies to support employee wellness.</i></p>	

<p>WPM3 – Principal / Teacher</p> <p>Are teachers encouraged to use physical activity as a reward for students? For example, providing extra recess, taking a walk around the school, or playing an active game in the classroom.</p>	
0	Physical activity is not used as a reward.
1	The interviewee reports that teachers can use physical activity as a reward but cannot provide any specific examples.
2	The interviewee is confident that teachers use physical activity as a reward and can provide examples.
<p><i>WPM3: Addresses using physical activity as a reward.</i></p>	

WPM4 – Principal / Teacher	
Do teachers ever use physical activity as a punishment? For example, are students ever told to run extra laps or do other physical activities as behavioral consequence?	
0	Physical activity is sometimes used as a punishment.
1	The interviewee does not believe physical activity is used as a punishment, but is not completely confident that it does not ever happen.
2	The interviewee is confident that physical activity is not ever used as a punishment.
<i>WPM4: Addresses physical activity not being used as a punishment.</i>	

WPM5 - Principal	
Do teachers ever withhold physical activity as a classroom management tool? Examples include taking away recess, taking away PE, or requiring students to sit in one place for an extended period of time.	
0	The respondent believes that teachers sometimes withhold physical activity as a classroom management tool.
1	The respondent is somewhat confident that teachers do not withhold physical activity as a classroom management tool.
2	The respondent is very confident that teachers do not ever withhold physical activity as a classroom management tool.
<i>WPM5: Addresses physical activity not being withheld as a punishment.</i>	

WPM6 - Principal / Food Service Director	
Are marketing strategies used to promote healthy food and beverage choices in school? If yes, what foods and beverages are promoted, and how is it done? (Examples of promotion include advertisements, better pricing, and more accessible placement of the healthier items).	
0	No specific efforts are made to promote healthy food or beverage choices.
1	Some efforts are made to promote healthy food and beverage choices, but they are not employed consistently.
2	Multiple strategies (e.g., pricing placement, and promotional messages) are used consistently to promote healthy food and beverage choices.
<i>WPM6: Specifies marketing to promote healthy food and beverage choices.</i>	

Definition of school marketing: School marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trade marks, or spokespersons or characters, on any property or facility owned or leased by the school district or school, such as school buildings and campus, outside and areas adjacent to school buildings, athletic fields, school buses, parking lots, or other facilities, used at any time for school-related activities.

WPM7 - Principal	
Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet all of the Smart Snacks criteria?	
0	There are foods marketed on campus during the school day that do not meet Smart Snacks criteria.
1	There are foods marketed on campus during the school day and the interviewee is fairly confident that they meet Smart Snacks criteria.
2	There are no foods marketed on campus during the school day, or the interviewee is confident that any marketed foods meet Smart Snacks criteria.
<i>WPM7: Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.</i>	

WPM8 - Principal	
Is there food or beverage marketing on school property (e.g., signs, scoreboards, or sports equipment)? If yes, do the marketed items meet all of the Smart Snacks criteria?	
0	There are foods marketed on school property that do not meet Smart Snacks criteria.
1	There are foods marketed on school property and the interviewee is fairly confident that they meet Smart Snacks criteria.
2	There are no foods marketed on school property, or the interviewee is confident that any marketed foods meet Smart Snacks criteria.
<i>WPM8: Specifically addresses marketing on school property (e.g., signs, scoreboards, sports equipment).</i>	

WPM9 - Principal	
Is there food or beverage marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials)? If yes, do the marketed items meet all of the Smart Snacks criteria?	
0	There are foods marketed in these places that do not meet Smart Snacks criteria.
1	There are foods marketed in these places and the interviewee is fairly confident that they meet Smart Snacks criteria.
2	There are no foods marketed in these places, or the interviewee is confident that any marketed foods meet Smart Snacks criteria.
<i>WPM9: Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).</i>	

WPM10 - Principal	
Is there food or beverage marketing where food is purchased (e.g., logos on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, or trash and recycling containers)? If yes, do the marketed items meet all of the Smart Snacks criteria?	
0	There are foods marketed in these places that do not meet Smart Snacks criteria.
1	There are foods marketed in these places and the interviewee is fairly confident that they meet Smart Snacks criteria.
2	There are no foods marketed in these places, or the interviewee is confident that any marketed foods meet Smart Snacks criteria.
<i>WPM10: Specifically addresses marketing where food is purchased (e.g., logos on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers).</i>	

WPM11 - Principal	
Is there food or beverage marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system)?	
0	There are foods marketed in these places that do not meet Smart Snacks criteria.
1	There are foods marketed in these places and the interviewee is fairly confident that they meet Smart Snacks criteria.
2	There are no foods marketed in these places or the interviewee is confident that any marketed foods meet Smart Snacks criteria.
<i>WPM11: Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).</i>	

WPM12 - Principal	
Is there food or beverage marketing through fundraisers and corporate-incentive programs? For example, fundraising programs encourage students and their families to sell, purchase, or consume products, and corporate incentive programs provide funds to schools in exchange for proof of purchase of company products, such as Box Tops for Education. If the school participates in food or beverage fundraisers, do they occur on or off campus, and during or outside the school day? Do all products for sale meet Smart Snacks standards?	
0	There are food fundraisers or corporate-sponsored programs that do not meet Smart Snacks standards.
1	There are food fundraisers or corporate-sponsored programs and the interviewee is fairly confident that they meet Smart Snacks criteria
2	There are no food fundraisers or corporate-sponsored programs or the interviewee is confident that any foods associated with the fundraiser or corporate-incentive program meets Smart Snacks criteria.
<i>WPM12: Specifically addresses marketing on fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchase of company products, such as Box Tops for Education).</i>	